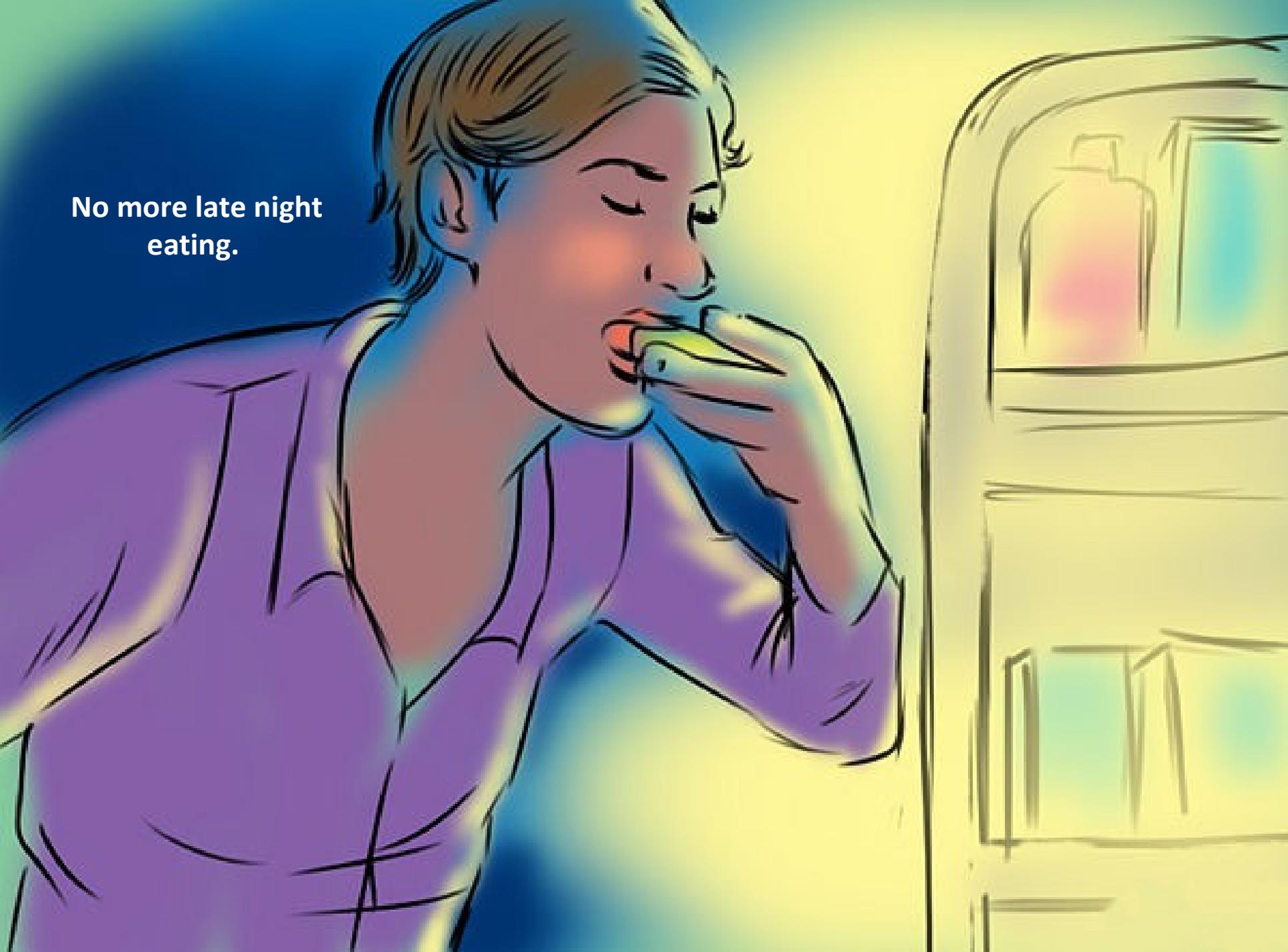




Track your progress with a fitness  
or diet journal.

No more late night eating.





Begin eating breakfast, even if it is something small.

Know when you need a snack  
and what kind.



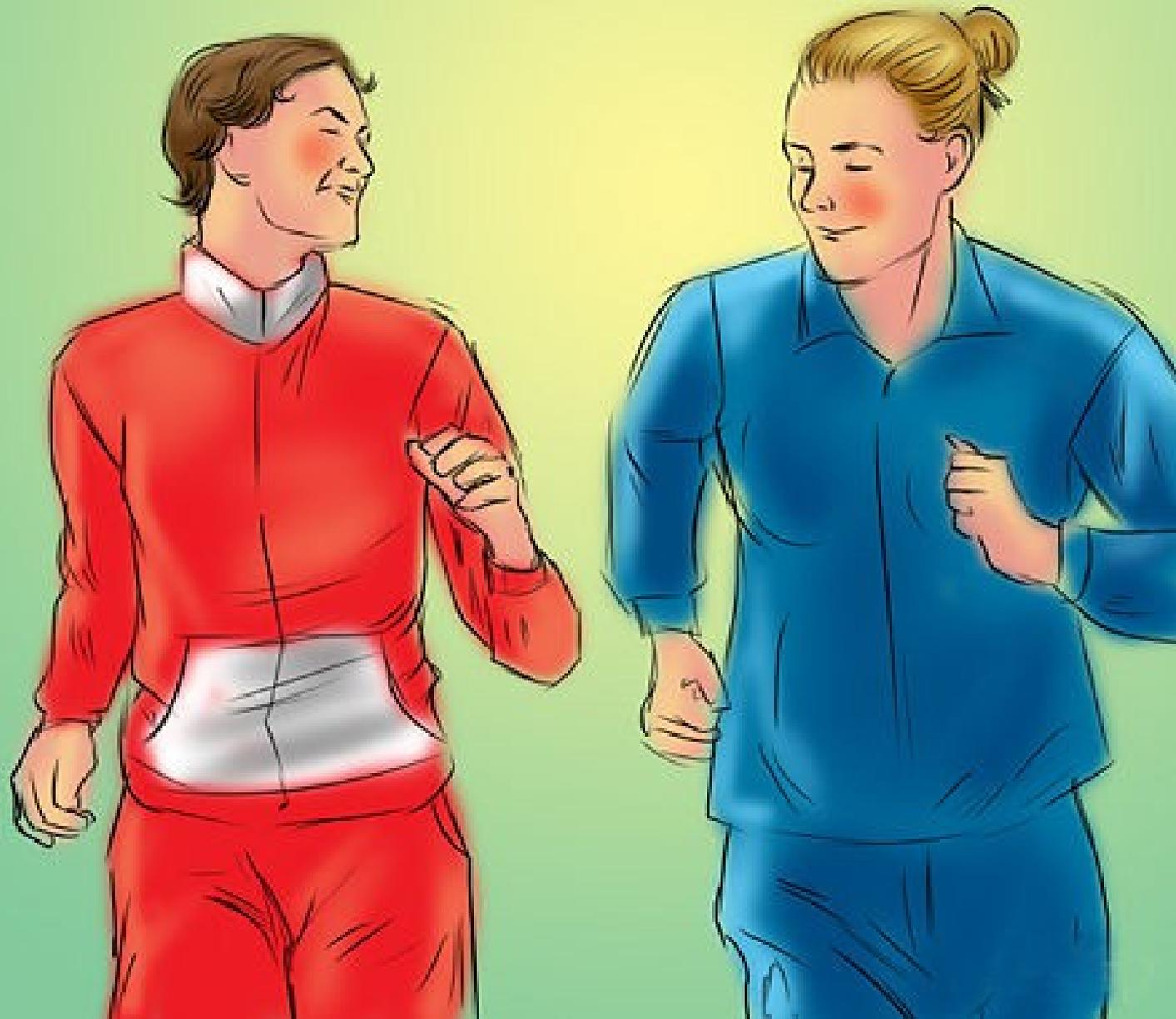
**A salad is a dieters best  
friend**





**Pull that bicycle out of the  
dust.**

Get a buddy.





**Try to avoid most lotions in department stores.**

**Herbs,  
Spices, Extracts**

High-antioxidant/  
nutritional value

**Sensible Indulgences**

Dark chocolate, red wine

**Supplements**

Multi, omega-3, probiotics, vitamin d,  
protein/meal powder

**Moderation Foods**

**Fruits** - Locally grown, in-season,  
high-antioxidant (berries, pitted fruit)

**High-Fat Dairy** - Raw, fermented, unpasteurized

**Starchy Tubers, Quinoa, Wild Rice** - Athlete's carb option

**Other Nuts, Seeds and Nut Butters** - Great snack option

**Healthy Fats**

Animal fats, butter & coconut oil (cooking)

Avocados, coconut products, olives & olive oil, macadamias (eating)

**Vegetables**

Locally grown and/or organic. Abundant servings for flavor, nutrition, and antioxidants.

**Meat • Fish • Fowl • Eggs**

Bulk of dietary calories: saturated fat (energy, satiety, cell & hormone function)  
and protein (building blocks, lean mass). Emphasize local, pasture-raised or certified organic.